



PROVIDENCE CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT
1800 W. Lincoln Highway, New Lenox, IL 60451



Doug Ternik, Athletic Director
Mark Smith, Assistant Athletic Director
Sandy Arthurs, Athletic Administrative Assistant

815-717-3169
815-717-3168
815-717-3170
815-485-8256 Fax

Dear Parent/Guardian,

In an effort to safeguard our student/athletes from Traumatic Brain Injuries/Concussions, Providence Catholic High School is implementing this and requiring strict guidelines for the management, treatment, and return to play criteria for all student/athletes who participate in extracurricular activities and sports and who may be exposed to a possible concussion or other related injuries.

We are implementing an innovative program for our student-athletes. This program will assist our team physicians/athletic trainers in evaluating and treating head injuries (e.g., concussion). In order to better manage concussions sustained by our student-athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of the head injury and help to determine when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in "video-game" type format and takes about 15-20 minutes to complete. It is simple, and many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and post-injury test data is given to a neurologist or neurosurgeon to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health care professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

Baseline testing will be mandatory for the following sports:

- Football
- Soccer (Boys and Girls)
- Wrestling
- Hockey

Baseline testing will be optional for the following sports:

- Basketball (Boys and Girls)
- Baseball
- Softball
- Tennis (Boys and Girls)
- Volleyball (Boys and Girls)
- Cheerleading
- Pom Poms

PROVIDENCE CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT
1800 W. Lincoln Highway, New Lenox, IL 60451



Doug Ternik, Athletic Director
Mark Smith, Assistant Athletic Director
Sandy Arthurs, Athletic Administrative Assistant

815-717-3169
815-717-3168
815-717-3170
815-485-8256 Fax

All student athletes in the above mentioned mandatory categories will be required to take a baseline test during the first week of their practice season. Student athletes will not be permitted to participate until baseline test scores have been established and recorded. **Providence Catholic High School is providing this service at no cost to you.**

The Concussion seminar will be available to the parents of all high risk sport student athletes on **Monday, September 26, 2011 at Providence Catholic H.S. 7:00 p.m.** MK Orthopaedics will donate their time to conduct the seminar and certificates of attendance/completion will be issued.

I wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program, given that it provides us the best available information for managing concussions and preventing potential brain damage which can occur with multiple concussions. The Providence Catholic High School administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. To conduct the mandatory testing we must have your consent. Please sign and return the attached page with the appropriate signatures to Providence Catholic High School Athletic Trainer, Pat White. If you have any further questions regarding this program please feel free to contact me at 815-717-3170.

Sincerely,

Doug Ternik
Athletic Director



Doug Ternik, Athletic Director
Mark Smith, Assistant Athletic Director
Sandy Arthurs, Athletic Administrative Assistant

815-717-3169
815-717-3168
815-717-3170
815-485-8256 Fax

Consent Form

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete _____

Signature of Athlete _____ Date _____

Sport _____

Printed Name of Parent _____

Signature of Parent _____ Date _____

Concussion Procedures

Procedures for Dealing with the Possible Concussion of a Student Athlete

If a coach, teacher or student athlete sees the signs or symptoms of a concussion involving any player including themselves, the following must be done:

Coaches Procedural Action Steps:

1. Student Athletes should be removed from activity, practice, or competition until they are cleared by the Athletic Trainer or Team physician present.
2. If the Athletic Trainer or Team Physician are not present, and the athlete is experiencing signs/symptoms of a concussion, THE STUDENT ATHLETE MUST NOT RETURN TO PLAY UNTIL HE/SHE IS EVALUATED BY THE ATHLETIC TRAINER OR NEUROLOGIST/NEUROSURGEON. A medical release by a family physician or chiropractor will not be acceptable.
3. The injury should be reported immediately to the Head Athletic Trainer.
4. The decision to require medical clearance by a neurologist or neurosurgeon will be determined by the Athletic Trainer or Team Physician based on initial and serial examination.
5. An injury report should be completed and filed with the Athletic Department.

Athletic Trainer Procedural Action Steps:

1. Evaluate the student athlete and recommend a proper course of treatment for returning to activity. Recommend to the parent/guardian that the student athlete should be seen by the PCHS Team Physician, Neurologist, or Neurosurgeon.
2. Contact and work with the parent/guardian and the physician caring for the student athlete.
3. Follow up to make sure an injury report has been filed.
4. Secure a release from a physician, neurologist, or Neurosurgeon and reevaluate the student athlete before he/she can return to play.
5. The athlete must meet all return to play criteria as outlined by the *Return to Play Policy*.
6. If the Athletic Trainer or the Team Physician feels medical imaging is necessary (CT/MRI), return to play will not occur until imaging has occurred and a medical release is given.

If a student athlete or coach recognizes signs or symptoms of a concussion, they should first report to the Head Coach.

Providence Catholic's Head Athletic Trainer has the authority for deciding whether to allow the return to play of a concussed student athlete consistent with the above guidelines.